

# Activities Booklet

Term 3 / 2016 - 2017



**BRITISH  
INTERNATIONAL  
SCHOOL**

HO CHI MINH CITY

A NORD ANGLIA EDUCATION SCHOOL



# Welcome to your Activities booklet for Term 3/2016-2017

At BIS HCMC we have an extensive activities programme, in which I hope you will become actively involved. Whether you enjoy music, drama, various sports or being involved in our local community there are many activities to choose from

Here at the An Phu Secondary Campus, BIS there are over one hundred Extra Curricular Activities (ECAs) to choose from. After a relaxing Easter break, students can look forward to ECAs getting under way after the first week back with the perfect opportunity to try something new or different.

More choice is on offer this term centred around **Wellness and Mindfulness** – why not go along to **Wellbeing & Stress Management, Tai Chi for Beginners** or our longer running program of **Yoga, Meditation and Mindfulness**. Help to create a space to relax in by taking part in next term's **Garden Project** and see your ideas and handiwork transform the space. Alternatively hit the streets in our afternoon **Walking Club** or start the morning off with the **Running Club**. Other sports are on offer with **Softball** returning, **Touch Rugby** and even an ECA dedicated to **Aquathlon Training** for the BIS event of the same name in June.

If there is an activity which isn't catered for already in the programme and you would like the school to introduce it, please get in touch and we will do our best to facilitate it.

## The aims of our extracurricular activities (ECAs) at BIS, HCMC are:

- Give all students a wide range of enjoyable and challenging experiences above and beyond the timetabled curriculum
- Allow competitive teams, drama companies and music ensembles to reach high standards of team/group and personal performance
- Provide opportunities for students to aspire to elements of the school's mission statement
- To continue to develop our involvement in community projects
- To offer a balance of endeavour and provide the framework for the IB CAS programme

## Important Dates & Times for Term 3

Start: **Monday 24<sup>th</sup> April 2017**  
Public Holiday: **Monday 1<sup>st</sup> May – Tuesday 2<sup>nd</sup> May (No activities will run)**  
End: **Saturday 17<sup>th</sup> June 2017**

ECAs can run before lessons and during lunchtimes, with the majority scheduled after lessons. There are two sessions each afternoon with a five minute change-over period (2:50 – 3:50pm & 3:55 – 4:55pm). However, some activities finish beyond these times but are clearly stated.

**Note:** Any students selecting ECAs from 3:55 will need to arrange their own transport home and should consider this before selecting.

## CAS at BIS

Creativity, Activity and Service are the three strands of CAS which are often interwoven through our activities. Originating from the International Baccalaureate they set out to promote our students to show initiative, persevere and develop skills which we encourage to encompass in every aspect of their lives. In making selections we encourage students to take part in at least one of each of the three areas below for a balanced experience.

- Creativity** The arts, music, languages and other experiences that involve creative thinking
- Activity** Physical exertion contributing to a healthy lifestyle (previously Action)
- Service** Any collaborative and reciprocal community engagement in response to an authentic need

## Paid Activities

There are a number of paid activities that students can sign up for. All of the information regarding these is detailed in the online clubs booklet. If your son/daughter has selected a paid activity you will receive an email confirming your choice.

**The deadline for payment for all paid clubs is Friday 21<sup>st</sup> April 2017.**

## On-line ECA Selection – using CHQ

Activities need to be selected using the online CHQ system. Please see the next page for further instructions.

You will be able to see updates and changes to your approved activities through your on-line CHQ homepage. You/parents will also receive notification if you have been accepted onto an ECA.

**For the majority of ECAs, the online system (CHQ) will randomly allocate students to each ECA. It is not a first come first served system, but this can mean that you may not always get your first choice activity.**

There are some exceptions to this rule as detailed below:

## Sports

If the number of students for any sports activity is greater than the maximum capacity, students will undergo a trial and be notified of this during their first session. This may mean

that your son/daughter could be initially accepted for the ECA but possibly removed after the trial.

The PE department will endeavour to run a parallel programme during the same session for the same age group but in the form of a recreational club. Therefore, if a student has a poor trial or significantly improves their skill level, then the squad coach will be able to assess the student and potentially accept them into the squad at a later time.

## Drama

If you have registered for a LAMDA exam in acting this year you must sign up for one of the LAMDA acting ECAs.

## Music:

**All music ECAs** carry on from Term 2. Selection will be automatic and therefore **no CHQ sign-up is required**. Please see the appropriate teacher if you wish to join or leave any music ECA.



## Ian Wilson

Activities & Trips Coordinator  
ianwilson@bisvietnam.com



## Guidelines for students using CHQ

**Tuesday 28<sup>th</sup> March at 3pm** Students will be able to sign up on CHQ (for Term 3 activities)

The activities booklet will be updated and available on the school website (link below)  
<http://www.nordangliaeducation.com/our-schools/vietnam/ho-chi-minh-city/bis/our-students/clubs-and-activities/an-phu-secondary-campus-clubs-and-activities>

**Tuesday 4<sup>th</sup> April at 3pm** Selection on CHQ will close

**Friday 21<sup>st</sup> April** Students (& parents) to be notified of their chosen ECAs on CHQ. Notifications for paid clubs will be sent prior to this to enable earlier payments

CHQ has been set up for you to use on a daily basis to select and track all your chosen activities.

Please follow the instructions below to log on and select your desired activities/paid clubs:

To access the BIS CHQ portal please click on the following link

<https://seasia.mychq.net/Login.aspx>

You can also access CHQ from a link in the footer of the school website.

Your User Name is your school email address e.g.  
[strong@bisvietnam.net](mailto:strong@bisvietnam.net)

Your **password** has been emailed to your school email account. You should change your password to a new password when you first log in. If you have forgotten your login details please click on '**Forgotten Your User ID or password**' from the CHQ login page. Follow the online instructions and a new password will be sent to your school email. Any further issues please contact [lanwilson@bisvietnam.com](mailto:lanwilson@bisvietnam.com)

### How to select your activities/paid clubs:

**Step 1:** From the Home Page under **My Activities 2016-2017 Term 3** click **View/Manage/Submit Activity Choices**

**Step 2:** For each activity/paid club add a different number e.g. Monday: Football club add 1, Wednesday: Board Games add 2 then 3, 4, 5 etc to all other clubs you would like to participate in.

The **SAVE** button will appear to the right of the activity list click **SAVE**

**Step 3:** Once you're happy with your choices you **MUST** press the **SUBMIT** button at the top of the page. You will receive an automated email confirming your club preferences.

**Step 4:** To cancel a selection after submitting add a 0 to the Desired box then save and submit

**Step 5:** From the Home Page **My Activities 2016-2017 Term 3** you will be able to see which clubs you have been accepted into/denied from by Friday 21<sup>st</sup> April. If you click onto **My Schedule** for week beginning Monday 24<sup>th</sup> April you can check your weekly club timetable.

Try to make sure you have a range of activities which allow you to develop physically, creatively as well as socially.



# MONDAY

| ACTIVITY  | Year            | TIME                           | MAX No. | TEACHER  | FACILITY  | CAS ACTIVITY GROUPING   | Gender specific | DETAIL/NOTES  |
|---|-----------------|--------------------------------|---------|--|---|-------------------------|-----------------|---|
| <u>Composition Club</u>                                     | Y10-Y13         | 12:45 - 13:15                  | 12      | Ian Alexander<br>Ben Wright  | Music MAC<br>Rm213                              | Creativity              | Both            | A drop-in club for IGCSE and IB Music Students to continue to develop their compositions and be offered advice.   |
| <u>Male Vocal Group</u>                                     | Y7-Y13          | 12:45 - 13:15                  | 30      | Ian Alexander<br>Emma Husband<br>Ben Wright                                  | Room 202  | Creativity              | Boys            | Exciting new repertoire for any male students who enjoy singing. For those interested/or involved in bands this will help in your vocal development.  |
| <u>Student Maths Leaders</u>                                | Y7-Y13          | 12:45 - 13:15                  | N/A     | James Quarrington<br>Ben Sillitoe  | Room 424  | Service and Creativity  | Both            | Organise and run fun and engaging maths-related activities for use with our younger students  |
| <u>Helping Hands at Thien phuoc Club</u>                    | Y7-Y13          | 14:45 - 17:30                  | 20      | Linda Breard<br>Chau Duong<br>Timothy English<br>Sanjay Perera<br>Ines Zhang | Thien Phuoc<br>Orphanage                        | Service and Creativity  | Both            | Twice Monthly only - as it is a long club session when we go. Come and visit our friends at Thien Phuoc Home for Children with Disability. They so look forward to our visits, and give as much as they get. Activities are fun and simple - starting from just smiling and hugging through to anything from drawing and music to playing in the brilliant soft playroom BIS built there. For more information check out our website: <a href="http://helpinghands.bisvietnam.net">http://helpinghands.bisvietnam.net</a> |
| <u>The Garden Project</u>                                   | Y7-Y13          | 14:50 - 15:50                  | 20      | Clover Sharman   | Bistro/Garden                                   | Service and Creativity  | Both            | This club is a chance for students to get their hands dirty renewing the BIS garden. Students will put their ideas into action and make a green space for everyone to enjoy!  |
| <u>AP2 Development Squad</u>                                | Y7-Y13          | 14:50 - 15:50                  | N/A     | Vinh Nguyen  | AP2 Swimming<br>Pool                            | Action                  | Both            | This is a squad programme for those who fail to meet selection criteria for red squad but still want to be in contention for representation at swim galas and meets. You will be required to attend both sessions weekly (Monday and Friday).   |
| <u>Books for the Blind (Nhat Hong Center for the Blind)</u> | Y7-Y13          | 14:50 - 15:50                  | 20      | Mai Le   | Room 103 &<br>Nhat Hong<br>Center               | Service and Creativity  | Both            | Come and create 3D or audio books for the children of the Nhat Hong School for the Blind.   |
| <u>Rubik's Cube Club</u>                                    | Y7-Y13          | 14:50 - 15:50                  | 15      | Pedro Roman  | Room 224  | Creativity              | Both            | Do you know how to solve a Rubik's cube? Join and improve your skills. You don't know how to? Join and learn from scratch.  |
| <u>Study Support Group</u>                                  | Y7-Y13          | 14:50 - 15:50                  | 30      | Yvonne Cullen<br>Christine Laddaran<br>Mark Spalton<br>Ian Young             | Room 501  | Creativity              | Both            | We believe that this is an excellent opportunity for you to either receive support or clarification with any aspect of your class work in which you may be having difficulty or to complete homework before leaving school. The staff members running the Study Support sessions are knowledgeable about the content being taught in your classes as well as the teacher's expectations of particular homework and assignments.   |
| <u>U14-19 Girls Recreational Football</u>                   | Y7-Y13          | 14:50 - 15:50                  | 20      | Jonathan McLoughlin  | Big Football<br>Field                           | Action                  | Girls           | This is a recreational Football session for those students who want to develop their fitness and skill levels in a fun and none competitive environment.  |
| <u>KS3 Drama club</u>                                       | Y7-Y9           | 14:50 - 15:50                  | 15      | Shirley Smith  | Room 209  | Creativity              | Both            | A club that focuses on building Drama skills and creativity.  |
| <u>F1 in schools Club</u>                                   | Y9-Y11          | 14:50 - 15:50                  | 10      | Jon Ball<br>Chris Diver  | DT<br>workshop/306/<br>310/Library/Ma<br>cSuite | Creativity              | Both            | Manage your own Formula 1 team and design, manufacture and race your own car.   |
| <u>Mai Am Club</u>  | Y9-Y13          | 14:50 - 15:50                  | 15      | Mark Jones   | Room 301  | Service and Creativity  | Both            | Help the boys from Mai Am Shelter improve their English skills through games and activities.  |
| <u>Project Impact</u>                                       | Y9-Y13          | 14:50 - 15:50                  | N/A     | Daphnee Deleporte  | Room 121  | Service and Creativity  | Both            | A non-profit student volunteer group where students are given an opportunity to get creative and support Binh Loi Social Center, an organization supporting street children in Saigon, by raising awareness and funds for the cause.  |
| <u>School of Rock</u>                                       | Y7-Y9<br>Y9-Y13 | 14:50 - 15:50<br>15:55 - 16:55 | 8       | Ian Alexander<br>Ben Wright  | Room 212  | Creativity              | Both            | All abilities and instruments welcome, particularly singers, guitarists bassists and drummers   |
| <u>Him Lam Golf</u>   | Y7-Y13          | 14:50 - 17:00                  | 12      | Matt Burley<br>Jane Hall<br>Ben Durant                                       | Him Lam   | <b>Paid Sports Club</b> | Both            | This programme will take place at Him Lam Driving Range. Students will be required to bring their own golf clubs or you can rent them at the range. The lessons will contain a basic introduction into golf, preparing to hit, grip, posture and stance, correct grip, full swing, video camera analysis, putting, chipping & bunker play.<br><b>PAID ACTIVITY</b> (see paid activities notes at the bottom)  |
| <u>Senior Boys and Girls Basketball Squad</u>               | Y10-Y13         | 15:55 - 16:55                  | 20      | Richard Soriano  | Outdoor court                                   | Action                  | Both            | This will be a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.  |

# MONDAY

| ACTIVITY                                     | Year   | TIME          | MAX No. | TEACHER                           | FACILITY          | CAS ACTIVITY GROUPING | Gender specific | DETAIL/NOTES  |
|--|--------|---------------|---------|-----------------------------------|-------------------|-----------------------|-----------------|---|
| <u>BBC Big Blue</u>                          | Y7-Y13 | 15:55 - 16:55 | 20      | Claire Easter                     | Room 110          | Creativity            | Both            | Your chance to watch the original BBC Big Blue series on the big screen, be informed by David Attenborough and find out how some of the most impressive scenes were filmed. Blue Planet II is due out next year.  |
| <u>Touch Rugby</u>                           | Y7-Y13 | 15:55 - 16:55 | 22      | Andy Luke                         | AP1 Main Field    | Action                | Both            | Enjoy some running around with ball in hand to improve your skills and your tactical awareness  |
| <u>Yoga, Meditation and Mindfulness Club</u> | Y7-Y13 | 15:55 - 16:55 | 17      | Hanna Sail                        | Room 208          | Action                | Both            | This club is for beginners and open to all year groups. Yoga can offer physical and mental benefits to the body and mind. In these beginners yoga slots, we will learn to take some time out to stretch, breathe, improve our posture, flexibility, awareness of ourselves and steady our busy minds. |
| <u>Walking Club</u>                          | Y9-Y13 | 15:55 - 16:55 | 15      | Deirbhle O'Neill<br>Nicola Tingey | Undercroft        | Action                | Both            | Exercise and socialising! Chat and stroll with us around D2. Wear comfy shoes and light clothing, bring water. There will be plenty of fresh air and good conversation.   |
| <u>AP2 Red Swimming Squad</u>                | Y7-Y13 | 16:00 - 17:30 | N/A     | Dat (Andy) Nguyen<br>Triet Pham   | AP2 Swimming Pool | Action                | Both            | This will be a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.  |
| <u>Richard Soriano Volleyball Club</u>       | Y7-Y13 | 17:00 - 18:00 | 20      | Richard Soriano                   | Outdoor court     | Action                | Both            | This is an extension programme and is open to all years to further develop their volleyball skills.   |

## TUESDAY

| ACTIVITY  | Year    | TIME          | MAX No. | TEACHER  | FACILITY           | CAS ACTIVITY GROUPING  | Gender specific | DETAIL/NOTES  |
|---|---------|---------------|---------|--|--------------------|------------------------|-----------------|---|
| <u>Chamber Choir</u>  | Y7-Y13  | 12:40 - 13:15 | N/A     | Ian Alexander<br>Ben Wright                                      | Auditorium         | Creativity             | Both            | This activity is by audition only. An exciting new repertoire for a busy programme of events this term, including the vibrant school performances and other external events. The Chamber Choir works on developing your voice, learning challenging harmonies and blending your voice as a group. From demanding classical choral music to 'Pitch Perfect' Acapella, this group highlights some of our elite singers!           |
| <u>International Award Bronze</u>   | Year 10 | 12:40 - 13:15 | 30      | Chris Diver<br>Stuart Elliott<br>Alex Essery                     | Room 306           | Action and Creativity  | Both            | Challenge yourself to achieve the Duke of Edinburgh's International Award. You will need to carry out regular Physical, Skill and Service activities, complete a 2-day practice expedition and a final 2-day hiking and camping assessed expedition. We'll help you learn the expedition skills, but you'll need the motivation and determination to do it!   |
| <u>Go Vap Student Committee</u>   | Year 12 | 12:45 - 13:15 | N/A     | Daphnee Deleporte  | Room 121           | Service and Creativity | Both            | This club is a committee of students who plan and organise activities for the Go Vap orphanage visits. They are responsible for advertising trips as well as carefully selecting the activities we do. <b>There will be one visit in the Term</b>   |
| <u>String Quartets</u>  | Y7-Y13  | 12:45 - 13:15 | N/A     | Ian Alexander<br>Emma Husband<br>Ben Wright                      | Room 212           | Creativity             | Both            | String instruments playing Classical music - all violins, violas and cellos welcome.  |
| <u>KPop Dance Workshop</u>  | Y7-Y13  | 14:50 - 15:50 | 10      | Ella Liu   | Room 127           | Creativity             | Both            | Student led - Drop into one of our sessions and learn a bit of your chosen Kpop choreo. Once completed, you and/or your group can be a part of our very own YouTube channel! Simply exercise, have fun and exposure to new music styles and choreographies.   |
| <u>Chamber Orchestra</u>  | Y7-Y13  | 14:50 - 15:50 | N/A     | Ian Alexander<br>Ben Wright                                      | Auditorium         | Creativity             | Both            | An auditioned Orchestra with repertoire for a busy programme of events this term, including the vibrant school performances. This orchestra is a challenge and performs some adventurous material. Come on, push yourselves! Audition only.   |
| <u>Concert Band</u>   | Y7-Y13  | 14:50 - 15:50 | N/A     | Ian Alexander<br>Shirley Smith<br>Ben Wright                     | Room 209           | Creativity             | Both            | The concert band is a band for all woodwind, brass and percussion players. Both the music and the atmosphere will be fun practising a real mix of music ready for performances in various venues this year.   |
| <u>First Aid Club</u>   | Y7-Y12  | 14:50 - 15:50 | 25      | Love Condes  | Room 225           | Service and Creativity | Both            | This club introduces students to basic principles of first aid situations including an introduction to Hands only CPR. These sessions are developed around the International standards for first aid practices. While not an accredited course it is an opportunity to gain some skills that are very useful in our day to day life.  |
| <u>String Ensemble</u>  | Y7-Y13  | 14:50 - 15:50 | N/A     | Ian Alexander<br>Emma Husband<br>Ben Wright                      | Room 202           | Creativity             | Both            | This is for any student who plays a string instrument. Performing new repertoire for a busy programme of events this year. Training you up, to be part of our Chamber Orchestra.  |
| <u>Study Support Group</u>  | Y7-Y13  | 14:50 - 15:50 | 30      | Yvonne Cullen<br>Christine Laddaran<br>Mark Spalton<br>Ian Young | Room 501           | Creativity             | Both            | We believe that this is an excellent opportunity for you to either receive support or clarification with any aspect of your class work in which you may be having difficulty or to complete homework before leaving school. The staff members running the Study Support sessions are knowledgeable about the content being taught in your classes as well as the teacher's expectations of particular homework and assignments. |
| <u>Swimming Beginners/Intermediate Learn to Swim</u>                        | Y7-Y13  | 14:50 - 15:50 | 12      | Triet Pham   | Swimming Pool      | Action                 | Both            | This is a beginners programme where you will be taught the basics in swimming. In the programme confidence in the water is developed by using various swimming aids.  |
| <u>U14 Boys Volleyball squad</u>  | Y7-Y9   | 14:50 - 15:50 | 24      | Jonathan McLoughlin  | Outdoor Court      | Action                 | Both            | This will be a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.  |
| <u>U14-U19 Boys and Girls Softball</u>                                      | Y7-Y13  | 14:50 - 15:50 | 20      | Richard Soriano<br>Huy Vo  | Big Field          | Action                 | Both            | This is a recreational programme. Students will learn hitting, catching, throwing and base running in a fun and none competitive environment.   |
| <u>US and UK writing workshop [3 weeks US followed by 3 weeks UK focus]</u> | Y12     | 14:50 - 15:50 | N/A     | Lieve Perera<br>Tracey Fish                                      | S03                | Creativity             | Both            | Week 1-3: Finding your voice. A writing workshop aimed at helping with your US college essays. Week 4-6: UK Personal Academic Statement workshop.   |
| <u>U14-U19 Boys Recreational Football</u>                                   | Y7-Y13  | 15:55 - 16:55 | 20      | Philip Husband   | Big Football Field | Action                 | Boys            | This is a recreational Football session for those students who want to develop their fitness and skill levels in a fun and none competitive environment.  |
| <u>LAMDA Acting</u>   | Y7-Y13  | 15:55 - 16:55 | 20      | Anne-Marie Astley<br>Cat Sargent                                 | Room 209           | Creativity             | Both            | Teaching and support for all of those students who are planning on taking a LAMDA examination in acting this year. Please contact Ms Sargent or look at <a href="https://www.lamda.org.uk/examinations">https://www.lamda.org.uk/examinations</a> for more details. You only need to sign up for 1 session a week.  |

## TUESDAY

| ACTIVITY                                 | Year  | TIME          | MAX No. | TEACHER                           | FACILITY      | CAS ACTIVITY GROUPING | Gender specific | DETAIL/NOTES   |
|--|-------|---------------|---------|-----------------------------------|---------------|-----------------------|-----------------|--|
| <u>U14 Badminton Squad</u>               | Y7-Y9 | 15:55 - 16:55 | N/A     | Laura Gallagher                   | AP1 Gym       | Action                | Both            | This is a squad programme for those successful through an initial trial process. Students will learn all skills, techniques and tactics to perform well during competition standards.  |
| <u>U14 Girls Volleyball squad</u>        | Y7-Y9 | 15:55 - 16:55 | 24      | Laura Gallagher<br>Stephanie Webb | Outdoor Court | Action                | Both            | This will be a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential. |
| <u>Richard Soriano Junior Basketball</u> | Y7-Y9 | 17:00 - 18:00 | 20      | Richard Soriano                   | Outdoor court | Action                | Both            | This is an extension programme to further develop their basketball skills  |

# WEDNESDAY

| ACTIVITY                                 | Year               | TIME          | MAX No. | TEACHER   | FACILITY              | CAS ACTIVITY GROUPING  | Gender specific | DETAIL/NOTES   |
|--|--------------------|---------------|---------|---|-----------------------|------------------------|-----------------|--|
| <b><u>AP2 Red Swimming Squad</u></b>     | Y7-Y13             | 06:00 - 07:30 | N/A     | Dat (Andy) Nguyen<br>Triet Pham                             | Swimming Pool         | Action                 | Both            | This will be a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.   |
| <b><u>Choir</u></b>                      | Y7-Y13             | 12:40 - 13:15 | 130     | Ian Alexander<br>Frances Amos<br>Emma Husband<br>Ben Wright | Auditorium            | Creativity             | Both            | If you enjoy singing and want to know how to develop your skills, learn with a big group of people and have fun doing it come along to Choir on Thursday lunchtimes. This term our repertoire will range from pop to rock, from jazz right through to classical.   |
| <b><u>Art Mentoring Workshops</u></b>    | Y7-Y13             | 14:50 - 15:50 | N/A     | Richard Harper  | Room 309              | Creativity             | Both            | A student led afterschool club that focuses on teaching and helping students who take Art. Students who are struggling or are interested in learning more about Art techniques. We also want to help the iGCSE Art students who might be having trouble or not understanding coursework and those who have Art in mind as one of their intended subjects to take for IB.   |
| <b><u>BIS Model Train Club</u></b>       | Y7-Y13             | 14:50 - 15:50 | 15      | Waqaaaz Shah  | Room 310 and MacSuite | Creativity             | Both            | We will be designing and building a model train set. The club will be designing and making landscapes and scenery to add further affects to the model train set.   |
| <b><u>Board Games</u></b>                | Y7-Y13             | 14:50 - 15:50 | 35      | Linda Breard<br>Bee Smith<br>Thomas Zehmeister              | Room 408              | Creativity             | Both            | Board games are no longer 'just for kids'. There are a variety of interesting and complex things to do for the more mature gamer. Options of Co-operative games, competitive games, card games, even deck building and tile laying games. As well as the usual games like Monopoly, Blokus, Cluedo and Cranium you can opt to do the longer, more complex games. Do you want to...Build your own city? Defend the world to stop a virus or to stop Cthulhu from devouring the world? Sail the Caribbean Sea, Trading or turning pirate and plundering other peoples loot? Expand your kingdom and conquer other peoples? Or perhaps you just want to get a group of adventurers together and work your way through 12 story missions with characters that grow throughout the games. |
| <b><u>Cultural Studies</u></b>           | Y7-Y13             | 14:50 - 15:50 | 20      | Hanna Sail + possibly<br>Thuy Linh Le                       | Room 120              | Creativity             | Both            | This will be an opportunity to look at literature, advertising, fashion etc from other cultures and make links with your own.  |
| <b><u>Economic History</u></b>           | By invitation only | 14:50 - 15:50 | 15      | Vinton Shine  | Room 220              | Creativity             | Both            | By invitation only   |
| <b><u>F1 in schools Club</u></b>         | Y11-Y13            | 14:50 - 15:50 | 12      | Jon Ball<br>Chris Diver                                     | Room 326, Mac Suite   | Creativity             | Both            | Manage your own Formula 1 team and design, manufacture and race your own car.  |
| <b><u>Fake News Websites</u></b>         | Y9-Y12             | 14:50 - 15:50 | 16      | Claire Easter   | Room 110              | Creativity             | Both            | The standard websites for Year 7 on assessing reliability (the tree octopus, the aluminium foil deflector beanie) are outdated. The club is your chance to put your web design skills to creative use and come up with your own, fairly believable fake site. The best and most convincing sites will be hosted online, and promoted around other schools as suitable resources. Open to those with strong web design skills, and those with a creative approach to content - both text and images.  |
| <b><u>Global Goals Project</u></b>       | Y7-Y13             | 14:50 - 15:50 | 20      | Lauren Binnington<br>Samantha Hadley                        | 503                   | Service and Creativity | Both            | The Global Goals Project is an opportunity to further develop your participation in the United Nation's Sustainable Development Goals and start to make a difference. We are planning an awareness campaign focused on Global Goal 4: Quality Education to take place in Term 1&2  |
| <b><u>Historical Wargames Club</u></b>   | Y7-Y13             | 14:50 - 15:50 | 45      | Sanjay Perera<br>Helena Wilson                              | Room 525              | Creativity             | Both            | Unleash your inner Rommel and defend the D-Day beaches. Outdo Monty and capture that elusive bridge. Emulate Zhukov and sweep the Hun from Stalingrad. As the club expands, new historical era will be added.  |
| <b><u>KS3 Practical Science Club</u></b> | Y6-Y9              | 14:50 - 15:50 | 12      | Matthew Lambert<br>Suzanne Mincher                          | Room 410              | Creativity             | Both            | Do you enjoy the practicals in your Science lessons? Do you want to do more? Join the Practical Science Club. We will be designing and carrying out scientific investigations, working towards the Bronze CREST award.   |
| <b><u>LAMDA Acting</u></b>               | Y7-Y13             | 14:50 - 15:50 | Both    | Anne-Marie Astley<br>Cat Sargent                            | Room 210 and Room 209 | Creativity             | Both            | Teaching and support for all of those students who are planning on taking a LAMDA examination in acting this year. Please contact Ms Sargent or look at <a href="https://www.lamda.org.uk/examinations">https://www.lamda.org.uk/examinations</a> for more details. You only need to sign up for 1 session a week.   |
| <b><u>Learning skills</u></b>            | By invitation only | 14:50 - 15:50 | 15      | Vinton Shine  | Room 220              | Creativity             | Both            | By invitation only   |



# WEDNESDAY

| ACTIVITY  | Year         | TIME          | MAX No. | TEACHER  | FACILITY   | CAS ACTIVITY GROUPING   | Gender specific | DETAIL/NOTES  |
|---|--------------|---------------|---------|--|--|-------------------------|-----------------|---|
| <u>Playground Art Project</u>   | Y7-Y13       | 14:50 - 15:50 | 20      | Clover Sharman<br>Nicola Tingey                  | Room 308   | Service and Creativity  | Both            | Long term partner, Phan Huy Ich PointCom is a Poussières de Vie (PdV) run charity school, located in HCMC. It supports disadvantaged children by giving them an education. The Playground Art Project is a service club with the aim to artistically renovate PDVs playground to make it a space for the children to have fun. This club is perfect for anyone who wants to use their design and artistic skills to help the community. |
| <u>Screen Printing and Machine Sewing</u>                                   | Y7-Y13       | 14:50 - 15:50 | 10      | Buick Hamblin<br>Jodie Westwood                  | Room 407   | Creativity              | Both            | Create logos and designs and print them onto t-shirts, bags and other fabrics. Use the sewing machine to make simple bags, purses, cushions or toys.  |
| <u>Senior Volleyball (recreational)</u>                                     | Y10-Y13      | 14:50 - 15:50 | 16      | Steph Webb                                       | Outside court  | Action                  | Both            | Come to learn the basics of Volleyball, or just play for fun. This session is aimed at playing Volleyball with your friends in a fun and non competitive environment.   |
| <u>Strategy Board Games</u>   | Y7-Y13       | 14:50 - 15:50 | 16      | Stephen Roberts                                  | Room 425   | Creativity              | Both            | This ECA is for students who wish to add a little mathematical strategy to their board game experience. Backgammon, Chess, Risk, Go and Scrabble all available on several boards. Team matches, thoughts on best practice and plenty of fun to be had at all sessions.  |
| <u>Study Support Group</u>  | Y7-Y13       | 14:50 - 15:50 | 30      | Yvonne Cullen<br>Christine Laddaran<br>Ian Young | Room 501   | Creativity              | Both            | We believe that this is an excellent opportunity for you to either receive support or clarification with any aspect of your class work in which you may be having difficulty or to complete homework before leaving school. The staff members running the Study Support sessions are knowledgeable about the content being taught in your classes as well as the teacher's expectations of particular homework and assignments.         |
| <u>Sudoku</u>   | Y7-Y10       | 14:50 - 15:50 | 15      | Lucy Croft<br>Vinton Shine                       | Room 220   | Creativity              | Both            | Improve your math and sudoku skills in a relaxed and fun environment. All levels welcome.   |
| <u>Swimming Intermediate/Advanced Learn to Swim</u>                         | Y7-Y13       | 14:50 - 15:50 | N/A     | Vinh Nguyen                                      | Swimming Pool  | Action                  | Both            | This is an Intermediate programme for those still learning to swim and aspire to get into the swim squads.  |
| <u>U19 Boys and Girls recreational Volleyball</u>                           | Y10-Y12      | 14:50 - 15:50 | 20      | Stephanie Webb                                   | Outdoor Court  | Action                  | Both            | This is a recreational volleyball session. Students will learn skills in digging, serving, spiking in a fun and none competitive environment.   |
| <u>US and UK writing workshop [3 weeks US followed by 3 weeks UK focus]</u> | Year 12 only | 14:50 - 15:50 | N/A     | Lieve Perera<br>Tracey Fish                      | S03  | Creativity              | Both            | Week 1-3: Finding your voice. A writing workshop aimed at helping with your US college essays.<br>Week 4-6: UK Personal Academic Statement workshop.  |
| <u>Vietnamese Literature Club</u>   | Y7-Y9        | 14:50 - 15:50 | 20      | Hang Pham  | Room 102   | Creativity              | Both            | This club will give you (Vietnamese students) more chances to consolidate knowledge and improve skills of the subject. You also have more opportunities to challenge yourself with the wonderful works.   |
| <u>Children's Cancer Ward Visits - Binh Thanh</u>                           | Y11-Y13      | 14:50 - 16:30 | 10      | Darryl Cullen<br>Anh Nguyen Vu                   | Oncology hospital in Binh Thanh District                                   | Service and Creativity  | Both            | Weekly planning and activities to support the lives of the children and their families of the HCMC Cancer ward in Binh Thanh  |
| <u>Children's Cancer Ward Visits - District 2</u>                           | Y10-Y13      | 14:50 - 16:30 | 15      | Robert Brownrigg<br>Chau Duong                   | Benh Vien Quan 2, 130 Le Van Thinh street, Binh Trung Tây Ward, District 2 | Service and Creativity  | Both            | Weekly planning and activities to support the lives of the children and their families of the HCMC Cancer ward in the Hosptal in District 2   |
| <u>Climbing</u>   | Y7-Y13       | 14:50 - 16:30 | 12      | Mark Hadley                                      | Vertical Academy   | <b>Paid Sports Club</b> | Both            | This activity will take place on at Vertical Academy's new indoor climbing wall at in D2. Your son/daughter will be required to wear appropriate clothing, which would consist of either long shorts or trousers that cover the knees. The students will be made to wear helmets when climbing and a strict and thorough set of safety rules will apply.<br><b>PAID ACTIVITY</b> (see paid activities notes at the bottom)              |

## WEDNESDAY

| ACTIVITY                                 | Year    | TIME          | MAX No. | TEACHER   | FACILITY                            | CAS ACTIVITY GROUPING   | Gender specific | DETAIL/NOTES   |
|--|---------|---------------|---------|---|-------------------------------------|-------------------------|-----------------|--|
| <u>Ice Skating</u>                       | Y7-Y13  | 14:50 - 16:30 | 10      | Ian Young   | Vincom Mega Mall                    | <b>Paid Sports Club</b> | Both            | This club that would give students the opportunity to learn how to ice skate or practice their ice skating ability. The basics of ice skating will be addressed in this club, including forwards and backwards skating, as well as stopping and turning. It is not a figure skating club.<br>It is a paid club and will be held at the skating rink at Vincom Megamall. There will be a need to rent ice skating and safety equipment (which is mandatory), however, you may bring your own skates if you have them.<br><b>PAID ACTIVITY</b> (see paid activities notes at the bottom) |
| <u>Noble Swimming Club</u>               | Y10-Y13 | 14:50 - 17:00 | 10      | Nesta Lanyon Jone<br>Andy Bligh                   | TX                                  | Service and Creativity  | Both            | If you're a confident swimmer in years 10-13, teach someone else the essential life skill of being able to swim! This fantastic new club involves working with students from the Christina Noble Foundation, an organisation which works with disadvantaged young people across the city.  |
| <u>Aquathlon Training</u>                | Y7-Y13  | 15:55 - 16:55 | 20      | Daphnee Deleporte<br>Lucy Jackson<br>Phil Husband | AP2 Pool and<br>AP1 Field<br>(edge) | Action                  | Both            | Training for the aquathlon in June - swim and run. What could be more fun!   |
| <u>Richard Soriano Senior Basketball</u> | Y10-Y13 | 17:00 - 18:00 | 20      | Richard Soriano                                   | Outdoor court                       | Action                  | Both            | This is an extension programme to further develop their Basketball skills  |

# THURSDAY

| ACTIVITY                                 | Year    | TIME          | MAX No. | TEACHER  | FACILITY           | CAS ACTIVITY GROUPING | Gender specific | DETAIL/NOTES  |
|--|---------|---------------|---------|--|--------------------|-----------------------|-----------------|---|
| <u>Running Club</u>                      | Y7-Y13  | 06:30 - 07:15 | 20      | Steve Porter<br>James Quarrington                                  | Meet at undercroft | Action                | Both            | Run 4k on Thursday morning to keep fit & healthy!!  |
| <u>Leadership Skills</u>                 | Y10     | 12:40 - 13:15 | 20      | Deirbhle O'Neill   | Room 222           | Creativity            | Both            | This course started at the end of Term 1. It gives Year 10- students an opportunity to complete a 10 week course on leadership. Suitable for all but particularly those interested in developing their leadership skills and/or looking to take some responsibility within school. It will be fully run by Year 12 students with the support of a teacher.  |
| <u>Asian Science Writing Competition</u> | Y6-Y9   | 12:40 - 13:15 | N/A     | Matthew Lambert  | Room 410           | Creativity            | Both            | Ideal for students interested in Journalism and Science, particularly for those considering further Science at university. We will write an entry for the Asian Science Writing Competition. More information at: <a href="http://www.asianscientist.com/ASWP/">http://www.asianscientist.com/ASWP/</a>   |
| <u>ABRSM Theory Club</u>                 | Y7-Y13  | 12:40 - 13:20 | 15      | Ian Alexander<br>Ben Wright  | Room 202           | Creativity            | Both            | All students welcome. A session to help prepare for your theory grades. Remember you need to take grade 5 theory to take grade 6-8 practical ABRSM exams.   |
| <u>Crossword Club</u>                    | Y10-Y13 | 12:45 - 13:20 | 8       | Andy Luke  | Room 409           | Creativity            | Both            | Want to learn how to break down cryptic crossword clues and show off your intelligence? Or just increase your wordpower? This ECA will challenge, delight and inform you all in one. Come along and try it out.   |
| <u>Beginner School of Rock</u>           | Y7-Y9   | 12:50 - 13:20 | 10      | Ian Alexander<br>Ben Wright  | Room 212           | Creativity            | Both            | Want to learn to form a band. Want to learn a new rock instrument (guitar/bass/drums). Get involved in the Beginner School of Rock.   |
| <u>Veggie Cooking Club</u>               | Y9-Y13  | 14:45 - 16:15 | 8       | Richard Harper<br>Nicola Tingey                                    | Room 309           | <b>Paid Club</b>      | Both            | Come along to learn delicious vegetarian and vegan dishes and share your favourite recipes with us. We will prepare, cook and eat together each week in room 309. You will be given the chance to lead the session as your skills improve and repeat the recipes outside of school for your friends and family. This is a paid club costing 800,000 for the term<br><b>PAID ACTIVITY</b> (see paid activities notes at the bottom)  |
| <u>Medicine Society</u>                  | Y12     | 14:50 - 15:50 | N/A     | David Millake<br>Suzanne Mincher                                   | Room 304           | Creativity            | Both            | For Year 12 students considering Medicine, Veterinary or Dentistry at University.   |
| <u>Tai Chi for Beginners</u>             | Y7-Y13  | 14:50 - 15:50 | 5       | Will Li  | Room 128           | Action                | Both            | This Tai chi club is for beginners and who wants to learn how to reduce their stress. (Loose clothes are necessary.)  |
| <u>BIS Model United Nations</u>          | Y8-Y13  | 14:50 - 15:50 | 90      | Stuart Elliott<br>Daniel Gamwell<br>John Moore<br>Cathy Tang-Hales | Room 109 & 110     | Creativity            | Both            | The Model United Nations is a simulation of the real UN general assembly and other legislative councils. It involves debating wide ranging issues, and offers the opportunity to partake of academic conferences in Seoul, Hanoi and here in Ho Chi Minh City. Sharpen your debate and speaking skills at MUN.  |
| <u>Book Club</u>                         | Y7-Y9   | 14:50 - 15:50 | 20      | Andrew Bligh   | Room 328           | Creativity            | Both            | For students who love reading and want to talk about the books they have read. Will also include activities such as creating posters and mind maps about books, compiling suggested reading lists for different year groups, and promoting reading across both school sites   |
| <u>Braiding hair</u>                     | Y7-Y11  | 14:50 - 15:50 | 15      | Hang Pham  | Room 102           | Creativity            | Both            | Make you more beautiful with a braid hair! This club guide you how to braid hair and this is a chance to create as many hairstyles as you want.   |
| <u>Coding Club</u>                       | Y7-Y13  | 14:50 - 15:50 | 15      | Thomas Zehmeister  | Room 111           | Creativity            | Both            | Introductions are over! No more basics. This term in Coding Club you will use Python only to combine statements and construct complex programs.   |
| <u>Cultural Stories Club</u>             | Y7-Y13  | 14:50 - 15:50 | 20      | Mr. Daniel Gamwell   | Library            | Creativity            | Both            | Students in this club will work towards producing a book of stories from cultures around the world (their own cultures included). The aim is to create an informative and interesting collection of stories which can be translated into Vietnamese and provided to students in Vietnam to help them learn about the world around them. The club is looking for designers, writers and anyone interested in doing a collaborative community project to improve literacy and global understanding. |
| <u>Fantasy Football</u>                  | Y7-Y13  | 14:50 - 15:50 | 10      | Owen Lewis   | Room 426           | Creativity            | Both            | MUST ALREADY BE A MEMBER TERM 1 AND 2. Students use their own laptop to pick their own English Premier League players to form a fantasy team who score points based on real life throughout the whole football season. The team are put into two BIS leagues. Each week we discuss what happened over the weekend and consider what transfer should be made before the next round of fixtures.  |
| <u>Flute Choir</u>                       | Y7-Y13  | 14:50 - 15:50 | N/A     | Ian Alexander<br>Shirley Smith<br>Ben Wright                       | Room 212           | Creativity            | Both            | What is a flute choir? A flute choir is an ensemble of 5 or more flutes. This is an opportunity for flautists of all abilities and grades to get together and create music! With a varied selection of music to perform, why not come and be part of this new and exciting ensemble!  |

# THURSDAY

| ACTIVITY   | Year   | TIME          | MAX No. | TEACHER  | FACILITY          | CAS ACTIVITY GROUPING   | Gender specific | DETAIL/NOTES  |
|--|--|---------------|---------|--|-------------------|-------------------------|-----------------|---|
| <u>Greenr</u>  | Y7-Y13   | 14:50 - 15:50 | 20      | Matthew Coughlin<br>Hayley Wedlake                               | Room 413          | Service and Creativity  | Both            | Be the change you want to see in the world. Help the school achieve the highly respected 'Green Flag' award for environmental sustainability in a fun and creative way.   |
| <u>Growing Minds</u>                                       | Y7-Y13   | 14:50 - 15:50 | 15      | Christopher Paine  | Bistro            | Service and Creativity  | Both            | Join this club where students from the Binh Tho school come along to BIS to experience what we have to offer. Improve your leadership skills by designing games and leading activities for the Binh Tho students to improve their English and most importantly have fun. This term we have carried out Drama, ICT, Sport and Art activities, what could we do next term?  |
| <u>Jazz Band</u>   | Y7-Y13   | 14:50 - 15:50 | N/A     | Ian Alexander<br>Ben Wright                                      | Auditorium        | Creativity              | Both            | An opportunity to play some of the classic jazz, funk and blues charts. Saxophones Brass and Rhythm section players.  |
| <u>Knit and Natter</u>                                     | Y7-Y13   | 14:50 - 15:50 | 24      | Claire Easter<br>Nesta Lanyon Jones                              | Room 327          | Creativity              | Both            | Knit and Natter welcomes new, improving and expert knitters. Returning knitters may wish to branch out from the beginner scarves and hats to the small scale toys and puppet projects on offer and learn how to purl stitch, cable, increase and decrease and follow patterns. Beginner knitters are very welcome, along with those that want to continue to develop their skills and have fun clicking, clacking and chatting. A small charge will be made for consumables (needles and wool) this year, or you can supply your own.   |
| <u>LAMDA Acting</u>  | Y7-Y13   | 14:50 - 15:50 | 15      | Anne-Marie Astley  | Room 209          | Creativity              | Both            | Teaching and support for all of those students who are planning on taking a LAMDA examination in acting this year. Please contact Sargent or look at <a href="https://www.lamda.org.uk/examinations">https://www.lamda.org.uk/examinations</a> for more details. You only need to sign up for 1 session a week.   |
| <u>LAMDA Reading for Performance</u>                       | Students from Term 2 will carry over to Term 3 | 14:50 - 15:50 | 15      | Kate Bird<br>Sian Davies   | Room 325          | Creativity              | Both            | This club is for students who have not done LAMDA 'Reading for Performance' before and would like to explore and experiment with elements of 'Reading for Performance' without committing to the LAMDA exam.  |
| <u>Language club for bilingual and vietnamese students</u> | Y7-Y13   | 14:50 - 15:50 | N/A     | Mai Le   | Room 108          | Creativity              | Both            | This club will help students to improve their language skills in both speaking and writing areas  |
| <u>Netball</u>   | Y7-Y13   | 14:50 - 15:50 | 20      | Steve Porter   | Outdoor Court     | Action                  | Both            | This is a student led recreational club, teaching the basics of netball technique, positions and tactics.   |
| <u>Paint like Picasso</u>                                  | Y7-Y13   | 14:50 - 15:50 | 10      | An Gulinck   | Room 123          | Creativity              | Both            | Create your own acrylic paintings inspired by famous artists such as Picasso, Modigliani and Van Gogh   |
| <u>Study Support Group</u>                                 | Y7-Y13   | 14:50 - 15:50 | 30      | Yvonne Cullen<br>Christine Laddaran<br>Mark Spalton<br>Ian Young | Room 501          | Creativity              | Both            | We believe that this is an excellent opportunity for you to either receive support or clarification with any aspect of your class work in which you may be having difficulty or to complete homework before leaving school. The staff members running the Study Support sessions are knowledgeable about the content being taught in your classes as well as the teacher's expectations of particular homework and assignments.   |
| <u>U19 Table Tennis Squad</u>                              | Y10-Y13  | 14:50 - 15:50 | 16      | Ben Durrant  | Dance studio      | Action                  | Both            | Table Tennis club for strong players. Squad player from city championship and participants from Term 2 will have preference but anyone else welcome too.  |
| <u>Wellbeing and Stress Management</u>                     | Y10&Y12 only                                   | 14:50 - 15:50 | N/A     | Jane Hall<br>Rosie Walsh   | Room 423          | Creativity              | Both            | IGCSE and IB pupils find themselves getting anxious about school pressures. In this activity we will research methods to relieve stress including looking for outside speakers. Ideas adopted can then be incorporated into ILS or tutor time activities so that everyone can benefit.  |
| <u>Fitness at Nutrifort</u>                                | Y9-Y13   | 14:50 - 16:00 | 20      | Jim Dace   | NuTriFort Dist. 2 | <b>Paid Sports Club</b> | Both            | 55,000 VND per week X 7 weeks Total cost: 385,000 VND Note: Member of the NUTRIFORT will be FREE of charged. Transport: Bus Free of charge. Bus departs AP2 at 2.45. This is a one way transfer. Please collect your child from Nutrifort. If your child wishes to travel by bicycle, please contact the teacher in charge. Ideal for students who are fit and active, this ECA will include circuit training, kick-boxing, spinning, TRX and weight training. Nutrifort trainers will lead these fun sessions and push you to complete a challenging workout. Get fitter during your ECA time!<br><b>PAID ACTIVITY</b> (see paid activities notes at the bottom) |
| <u>Literature show (A Doll's House)</u>                    | Y10&Y12  | 14:50 - 16:50 | 10      | Deborah Meacham<br>Cat Sargent                                   | Room 209          | Creativity              | Both            | A production club that will start after the October break to prepare for performance of a full length literary play in term 3   |
| <u>Cricket</u>   | Y7-Y13   | 15:50 - 16:50 | 16      | Ben Turner<br>Steve Whiteley                                     | School Field      | Action                  | Both            | This is a recreational Cricket session run for those students who want to drive for four, hit for six, bowl a bouncer and take a wonder catch.  |

# THURSDAY

| ACTIVITY                                     | Year    | TIME          | MAX No. | TEACHER           | FACILITY       | CAS ACTIVITY GROUPING   | Gender specific | DETAIL/NOTES   |
|--|---------|---------------|---------|-------------------|----------------|-------------------------|-----------------|--|
| <u>KS 4/5 Theory Support (Drama/Theatre)</u> | Y10-Y13 | 15:50 - 16:50 | N/A     | Anne-Marie Astley | Room 210       | Creativity              | Both            | Do you need help with any aspects of Drama theory? Drop into this session and practice your exam answers and structuring, complete IB coursework or just to discuss aspects of your Drama or Theatre course  |
| <u>Clowning club</u>                         | Y9-Y13  | 15:55 - 16:55 | 15      | Hector Molloy     | Room 210       | <b>Paid Sports Club</b> | Both            | <p>This is a paid club. Based on the work of Jacques Lecoq and John Wright, clowning provides students with a unique experience in performance and improvisation. This is not clowning like you will see at a children's birthday party with balloons.</p> <p>The essence of Clowning is play, the ability to find child-like joy in the mundane and to create "games" with both fellow students and anyone who may be in attendance! Clowning provides an environment of safety for the students to experiment (and fail) to develop as performers and to become more aware of the world and people around them.</p> <p>The course covers both the theoretical groundwork of Clowning and ample opportunities for practical exploration, with lessons building up core skills among the group both relating to Clowning practice and providing many transferable skills such as problem solving, connection building, trust, co-operation, achieving group objectives and the ability to improvise quickly and effectively.</p> <p><b>PAID ACTIVITY</b> (see paid activities notes at the bottom)</p> |
| <u>U14 Boys and Girls Rec Basketball</u>     | Y7-Y9   | 15:55 - 16:55 | 20      | James Chandler    | Outdoor Courts | Action                  | Both            | Come to learn the basics of Basketball, or just play for fun. This session is aimed at playing Basketball with your friends in a fun and none competitive environment.   |

# FRIDAY

| ACTIVITY   | Year    | TIME          | MAX No. | TEACHER                                     | FACILITY      | CAS ACTIVITY GROUPING   | Gender specific | DETAIL/NOTES   |
|--|---------|---------------|---------|---|---------------|-------------------------|-----------------|--|
| <u>AP2 Red Swimming Squad</u>                              | Y7-Y13  | 06:00 - 07:30 | N/A     | Vinh Nguyen<br>Dat (Andy) Nguyen            | Swimming Pool | Action                  | Both            | This will be a selective squad for those who are successful through an initial trial process. Students will represent the school in fixtures and competitions at home and abroad. Therefore, dedicated attendance at training and events is essential.   |
| <u>Irish Folk</u>  | Y7-Y13  | 12:45 - 13:15 | N/A     | Ian Alexander<br>Emma Husband<br>Ben Wright | Room 212      | Creativity              | Both            | An instrumental folk group for violins, flutes, guitars and percussion players that focuses on traditional music from Ireland and Scotland.  |
| <u>Dumbledore's Army (Fandom Club)</u>                     | Y7-Y13  | 12:45 - 13:45 | 20      | Rick Jackson                                | Room 301      | Creativity              | Both            | Dumbledore's Army is a club for Harry Potter fans, both movie and book ones. If you want to discuss theories, talk about OTPs, favorite characters or just have fun, this club is the right place for you!   |
| <u>Chinese topic based conversation-IB oral exam focus</u> | Y10-Y13 | 12:50 - 13:20 | 12      | Ella Liu                                    | Room 127      | Creativity              | Both            | This club is targeting at IB Chinese students to improve their oral skills. A number of native speaker students will provide one-to-one speaking practice based on IB topics.  |
| <u>AP2 Development Squad</u>                               | Y7-Y13  | 14:50 - 15:50 | N/A     | Vinh Nguyen                                 | Swimming Pool | Action                  | Both            | This is a squad programme for those who fail to meet selection criteria for red squad but still want to be in contention for representation at swim galas and meets. You will be required to attend both sessions weekly (Monday and Friday).  |
| <u>Atramento (Journalism Club)</u>                         | Y7-Y13  | 14:50 - 15:50 | 25      | Gavin Donnelly                              | Room 328      | Creativity              | Both            | Are you a budding writer, photographer, or artist? Have you got a million interests and stories you want to tell? Then let your creativity flourish through the world of publication through Atramento, BIS' Journalism Club. Dive deep into your interests whether it be travel, creative writing, the arts, food, or anything under the sun. Engage in lively discussions with fellow club members. Improve your writing and communication skills. Tell the world the stories you've been itching to tell. (You may even get to see your work in print for Atramento's next issue, coming soon!) |
| <u>Contemporary Dance</u>                                  | Y7-Y13  | 14:50 - 15:50 | 6       | SSA   | Room 209      | <b>Paid Sports Club</b> | Both            | <b>PAID ACTIVITY</b> (please see Paid Activities Notessection at the end of the booklet)   |

# SATURDAY

| ACTIVITY          | Year   | TIME          | MAX No. | TEACHER                   | FACILITY          | CAS ACTIVITY GROUPING   | Gender specific | DETAIL/NOTES   |
|-------------------|--------|---------------|---------|---------------------------|-------------------|-------------------------|-----------------|--|
| <u>Swimming</u>   | Y7-Y13 | 12:00 - 13:00 | 12      | Vinh Nguyen<br>Triet Pham | AP1 Swimming pool | Paid Sports Club        | Both            | <b>PAID ACTIVITY (please see <i>Paid Activities Notes</i> section at the end of the booklet)</b> |
| <u>Basketball</u> | Y7-Y13 | 14:45 - 16:15 | 20      | Richard Soriano           | Sports Hall       | <b>Paid Sports Club</b> | Both            | <b>PAID ACTIVITY (please see <i>Paid Activities Notes</i> section at the end of the booklet)</b> |

## PAID ACTIVITY NOTES - Administration

| DAY       | ACTIVITY                    | TIME                             | Administration notes   |
|-----------|-----------------------------|----------------------------------|--|
| Monday    | <b>Golf</b>                 | 14:50 - 17:00                    | Starts: Monday 24th April<br>Ends: Monday 12th June<br><br>277,000 VND per week x 7 weeks = 1,939,000 VND<br>plus cost of the bus of 840,000 VND (Approx. 120,000 per week)<br>Total cost: 2,779,000 VND<br>The bus cost is a return trip from BIS to the driving range.<br>Payment deadline for all clubs is Friday 21st April 2017 |
| Wednesday | <b>Climbing</b>             | 14:50 - 16:30                    | Starts: Wednesday 26th April<br>Ends: Wednesday 14th June<br><br>198,000 VND per week x 8 weeks = 1,584,000 VND<br>Total cost: 1,584,000 VND<br>Payment deadline for all clubs is Friday 21st April 2017   |
| Wednesday | <b>Ice Skating</b>          | 14:50 - 16:30                    | Starts: Wednesday 26th April<br>Ends: Wednesday 14th June<br><br>170,000 VND per week x 8 weeks = 1,360,000 VND<br>plus cost of the bus of 960,000 VND (Approx. 120,000 per week) and 50,000 VND for skates<br>Total cost: 2,720,000 VND<br>Payment deadline for all clubs is Friday 21st April 2017                                 |
| Thursday  | <b>Veggie Cooking Club</b>  | 14:45 - 16:15                    | Starts: Thursday 27th April<br>Ends: Thursday 15th June<br><br>800,000 VND per session<br>Total cost: 800,000 VND<br><br>Payment deadline for all clubs is Friday 21st April 2017  |
| Thursday  | <b>Fitness at Nutrifort</b> | 15:00 - 16:00<br>Depart at 14:50 | Starts: Thursday 27th April<br>Ends: Thursday 15th June<br><br>55,000 VND per week X 8 weeks = 440,000 VND<br>Total cost: 440,000 VND<br>Note: Members of Nutrifort will be FREE of charge<br>Payment deadline for all clubs is Friday 21st April 2017   |
| Thursday  | <b>Clowning club</b>        | 15:55 - 16:55                    | Starts: Thursday 27th April<br>Ends: Thursday 15th June<br><br>150,000 VND per week X 8 weeks = 1,200,000 VND<br>Total cost: 1,200,000 VND<br>Payment deadline for all clubs is Friday 21st April 2017   |
| Friday    | <b>Contemporary Dance</b>   | 14:50 - 15:50                    | Starts: Friday 28th April<br>Ends: Monday 16th June<br><br>175,000 VND per week x 8 weeks = 1,400,000 VND<br>Total cost: 1,400,000 VND<br>Payment deadline for all clubs is Friday 21st April 2017   |
| Saturday  | <b>Swimming</b>             | 12:00 - 13:00                    | Starts: Saturday 29th April<br>Ends: Saturday 17th June<br><br>170,000 VND per week X 8 weeks = 1,360,000 VND<br>Total cost: 1,360,000 VND<br>Payment deadline for all clubs is Friday 21st April 2017   |



## PAID ACTIVITY NOTES - Administration

|          |                   |               |  |
|----------|-------------------|---------------|--|
| Saturday | <b>Basketball</b> | 14:45 - 16:15 | Starts: Saturday 29th April<br>Ends: Saturday 17th June<br><br>161,000 VND per week X 8 weeks = 1,288,000 VND<br>Total cost: 1,288,000 VND<br>Payment deadline for all clubs is Friday 21st April 2017 |
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Payment deadline for all clubs is Friday 21st April 2017